

# Volleyball Rules

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## Gilruth Code of Conduct

### Code of Conduct

- Starport Fitness is officially part of the NASA - Johnson Space Center. The Gilruth Center is located on federal property and is considered a federal facility. All rules, regulations and policies of a federal facility apply to the Gilruth Center facility, indoor and outdoor. ALL PLAYERS MUST ABIDE BY THE GILRUTH CODE OF CONDUCT AT ALL TIMES. Unless otherwise stated in these rules and the Gilruth Code of Conduct, the league rules shall be the official rules of volleyball.

## House Rules

**The rules listed below are the Gilruth House Rules. In the absence of a House Rule, USAV Rules apply.**

### General

\* Each team is required to have a completed roster on the IMLeagues.com website. Players who are not listed on the team's IMLeagues official roster may fill out a One-Time-Play Waiver. Upon completion of the game, that player MUST register on the IMLeagues website to be allowed to participate in any future games with that team. Players must also participate in at least 2 regular season games to participating in playoffs. If a free agent is used as a substitute for any reason, the opposing team and referee(s) must have a verbal agreement before a game starts. **No player will be allowed to participate in playoffs if that player has not participated in league play.**

### League Description:

- Recreational Leagues** are for fun and light friendly competition. Your season will consist of (8-10) 50 minute matches with a maximum of 3 games. How a team finishes the season is based upon their overall performance throughout the season. There will be a end of season playoff / tournament or prizes awarded for the first place team.
- Competitive Leagues** are for a higher level of intense competition. Your season will consist of (8-10) 50 minute matches with a maximum of 3 games. At the end of each regular season a playoff will be held to determine the season champion. The playoff will consist of a minimum of 4 teams and will be seeded according to team's season record. The winning team will be awarded a prize.

### Match times/Scoring:

- Be on time! Match start time is forfeit time. Failure to have 3 players (**at least 1 woman co-ed 6's (at least 1 male reverse coed)**), at game time is a forfeit, 10 minutes after the hour games 2 & 3/match is forfeit. The official time for forfeits is the wall clock in the office along with officials time.
- The game formats are: **Monday (Reverse 4's)** - best 2 out of 3 points 25, 25, 15 **Tuesday (Coed-C/Coed Open)** - play all 3 points 21, 21, 15. Playoffs will revert back to standard format of best 2 out of 3 points 25, 25 15 with the last game no point cap
- Games are to 25. The winning team must win by 2 points or by scoring 27. Rally scoring will be used for all games. Rally scoring results in a point with each volley.
- There is a 2 point cap on all games (23 for 21 point, 17 for 15 point and 27 for 25 point)
- If the first game of a match is not started until 10 minutes after time due to the referee's absence, the captains may decide to reschedule the match to a later date to be determined by the Gilruth

representatives.

#### **Coed Line-ups/Substitutions:**

1. Three players are required to start each game; Players may not consist of more than 3 men (**coed 6's**) 2 men(**reverse 4's**) . (Many combinations may be formed in following this rule).
2. Line-ups must alternate male-female to the maximum extent possible.
3. The lineup chosen at the start of each game must be consistent for the duration of that game unless the game started with less than 6 players. In that case, the player(s) may enter between two other players. All other players must stay in their positions. If the game was started with 4 women and 2 men, 1 woman cannot be replaced with a man for that game.
4. Substitutions are straight substitution.
5. Delay of games by slow substituting may be penalized (yellow card). Repeated slow substituting or purposefully delaying the games may result in (red card) penalty (side out/point).

#### **Time outs:**

1. At the moment of service contact, all members of both teams must be in their proper positions. The players' positions are judged in relation to the other players who are perpendicular to them in the standard alignment and in relation to the net and right and left sidelines of the court. This positioning is judged according to the players' feet contacting the floor.
2. The service may not contact the ceiling or antennas.
3. The serve may not be spiked or blocked, and must rebound cleanly.
4. The service (or any first ball over the net) may be contacted twice by one player provided that the contact was a single attempt.
5. Net serves are allowed.

#### **Attire:**

1. Wrist watches, heavy jewelry, caps, visors, bare feet, street shoes, or hard casts are not permitted during play.

### **RULES OF PLAY**

#### **Service/Serve Receive:**

1. The server may serve from anywhere behind the back line.
2. The server has 8 seconds to release the ball for service after the whistle.
3. The ball must be clearly thrown or released prior to contact for serve.
4. Once the ball has been released for service, it must be played or there will be a loss of serve.
5. On a change of possession, the team gaining service will rotate first.
6. The server may not contact either the court inside the lines or the backline at the moment of service.
7. At the moment of service contact, all members of both teams must be in their proper positions. The players' positions are judged in relation to the other players who are perpendicular to them in the standard alignment and in relation to the net and right and left sidelines of the court. This positioning is judged according to the players' feet contacting the floor.
8. The service may not contact the ceiling or antennas.
9. The serve may not be spiked or blocked, and must rebound cleanly.
10. The service (or any first ball over the net) may be contacted twice by one player provided that the contact was a single attempt.
11. Net serves are allowed.

#### **Ball handling:**

1. Players may cross the centerline as long as some part of the hand or foot remains either on or above the center line. No other part of the body (hand, knee, etc.) may contact the opponent's court.
2. Players may go under the net outside the court as long as their motion does not interfere with play.

#### **Centerline:**

1. Players may cross the centerline as long as some part of the hand or foot remains either on or above the center line. No other part of the body (hand, knee, etc.) may contact the opponent's court.
2. Players may go under the net outside the court as long as their motion does not interfere with play.

#### **Blocking/Spiking:**

A back row player may direct the ball into the opponent's court if the last contact with the floor was behind the 10-foot line or the ball is not entirely above the plane of the top of the net. This rule applies to both back row spikers and setters.

1. After the serve has been contacted, a back row male player may switch positions with a front row female player in order to block. The back row player may only block and must return to his proper position for each service.

2. Contact during a block does not count as one of the team's three hits or in terms of male/female contact. However, this contact does count if the ball continues out of bounds and is not returned by that team.
3. The ball may be blocked over the opponent's court provided that the opponent has already contacted the ball 3 times or they are not in a position to play the ball.
4. Balls that come to rest between an attacker and blocker will be replayed.
5. Balls that have penetrated the vertical plane of the net are considered to be playable by both teams. When the ball is no longer in the vertical plane, then the team with the ball is the attacking team and as such must be permitted to complete their play on the ball.

#### **TIME LIMITS**

1. As stated earlier, match start time is forfeit time. Get to the gym early and be ready to play (a player in the locker room does not count). No exceptions!
2. If the preceding match is over early, those players may continue to use the court (but not the game ball) until 10 minutes prior to the start of the next match. At that time, they must leave the court so that the next two teams may use the court for warm ups.
3. The second game must end 10 minutes before the beginning of the next match to allow 5 minutes for game 3. The team that is ahead at the end of the mentioned 5 minutes is the winner of the third game.
4. In order to provide teams with some minimum amount of warm up time, the third game will be called at 5 minutes prior to the start of the next match. The referee's wrist watch will be used. If either team is ahead by one point at that time, they win. If not, then the first team to get one point ahead wins.
5. The last match of the night will adhere to these rules.
6. In general, for playoff nights with 4 or fewer matches scheduled, time limits will not be used.